

August 2023 — September 2023

MANITOWOC'S

# AGING & DISABILITY RESOURCE CONNECTION

Sponsored By:



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## **FARMERS MARKET VOUCHERS**

Vouchers are available at the ADRC of the Lakeshore until the end of September, or while supplies last. To be eligible for Farmers Market Vouchers you must be 60 years or older, live in Manitowoc County, and meet low-income requirements. Qualified seniors receive seven \$5.00 checks to be used during the growing season to purchase fresh Wisconsin grown fruits, vegetables, and herbs.



# SENIOR NUTRITION PROGRAM

## SENIOR DINING SITES

Senior Dining Sites are open to individuals age 60 or older and their spouse, regardless of their age. Limited government grants cover a portion of the meal costs. The suggested contribution for Senior Meals is \$6.50, though no one is denied service due to inability to contribute. Guests under the age of 60 are required to pay \$10.80.

Reservations are required at least 24 hours in advance. Call the dining center where you will eat between 10:00 am and 12:00 pm. If the dining center is closed, call the Aging and Disability Resource Center of the Lakeshore at (920) 683-4180. To view the menus, please go to [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com), and click on Nutrition.

### **MANITOWOC**

Senior Center  
330 Custer Street  
(920) 686-3060

Mon-Fri - 11:30 am

*You do not need to be a member to attend.*

### **TWO RIVERS**

Senior Center  
1520 17th Street  
(920) 793-5596

Mon-Fri - 11:30 am

*You do not need to be a member to attend.*

### **KIEL**

Kiel Community Center  
510 Third Street  
(920) 894-7861

Mon-Fri - 11:30 am

### **REEDSVILLE**

Reedsville Manor Apts.  
431 Madison Street  
\*Temporarily Closed\*

Home Delivered Meals Only

*Volunteers Needed*

## COME FOR THE MEAL, STAY FOR THE FUN!

Senior Dining Sites are more than just a nutritious meal, they're also a fun and friendly way to meet new people and enjoy a variety of activities. There is so much to do, you are sure to find something you'll enjoy!

Our sites offer all or some of the following:

- ◆ Health & Fitness Classes
- ◆ Informational Sessions
- ◆ Cards (such as Sheephead)
- ◆ BINGO!
- ◆ Arts & Crafts
- ◆ Sewing/Quilting
- ◆ Group Vacations
- ◆ Day Trips to Sporting Events
- ◆ State Events & Attractions

...and more!



Membership for activities may apply. Not all events may be offered at every Center. For more information on events and activities, contact your local Senior Dining Site.



# DRIVERS NEEDED!

FOR OUR HOME DELIVERED  
MEALS PROGRAM

**AVAILABILITY ANY DAY  
MONDAY - FRIDAY  
TIME: 10:30 AM - NOON**

Contact us today, call  
1-877-416-7083!

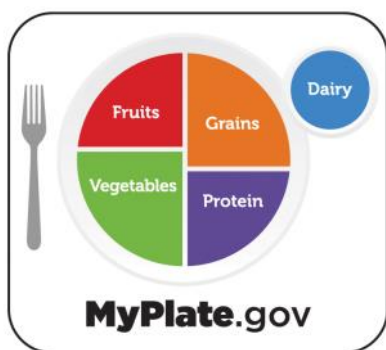


Visit Our Website: [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com) | 3

## Nutrition Exchange

*with Alyssa Weber, Registered Dietitian, Certified Dietitian*

The Nutrition Exchange allows readers to submit nutritional questions to be answered by a Registered Dietitian. Questions can be mailed to the Aging & Disability Resource Center of the Lakeshore, Attention: Nutrition Exchange at 1701 Michigan Avenue, Manitowoc, WI 54220. We request that you include your name when submitting a question. **All names will be kept confidential.**



You may remember the food guide pyramid from many years ago which evolved into MyPyramid. MyPyramid showed the recommended number of servings from each food group that a person should aim for consuming on a daily basis. MyPyramid was replaced with MyPlate on June 2, 2011. This year marks the 12th birthday of MyPlate. MyPlate is the current nutrition guide published by the United States Department of Agriculture's Center for Nutrition Policy and Promotion. MyPlate is based on the most current Dietary Guidelines for Americans and displays a plate and glass representing the 5 food groups to show what a balanced meal looks like. The MyPlate website is a great resource for reliable, science-based nutrition information. I encourage you to check out [MyPlate.gov](http://MyPlate.gov)

## HEALTHY EATING FOR OLDER ADULTS

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

- Make eating a social event: Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.
- Drink plenty of liquids: You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.
- Add a touch of spice: Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add

flavor without the salt.

- Make the most of your food choices: Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.
- Be mindful of your nutrient needs: You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the Nutrition Facts label on packaged foods and also speak with your healthcare provider about possible supplements.
- Keep food safe: Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

# DURABLE MEDICAL EQUIPMENT DRIVE

The ADRC of the Lakeshore is proud to host



## DURABLE MEDICAL EQUIPMENT DRIVE

Wednesday, August 16th, 2023

1:30—3:00 PM

ADRC of the Lakeshore Parking Lot

Options for Independent Living has partnered with the Wisconsin Department of Corrections to refurbish collected used or broken durable medical equipment, and return it to the community.

Visit Our Website: [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com) | 5



# Volunteer Spotlight

## Tom Kopanski: Prevention Program Facilitator

### HOW DID YOU BECOME A VOLUNTEER WITH THE ADRC OF THE LAKESHORE PROGRAM?

After spending a number of years in the business world, my wife and I moved back to Wisconsin and I wanted to be active in our community. As I searched for volunteer opportunities, I saw the ADRC was looking for someone to be trained to become a facilitator with the falls prevention program called Stepping On.

When I was young, my Grandmother who was very special to me, fell (while living at home). She broke her hip and had to move to a nursing home after that. I felt the Stepping On class was a nice way for me to honor her legacy while also helping other Seniors to avoid the same sort of fate.

I also deliver Meals on Wheels once a week as that is something my Dad did in Northern Wisconsin when he was alive.



### WHAT SURPRISED YOU MOST ABOUT VOLUNTEERING?

The sheer joy and serenity it brings. The world is pretty chaotic these days. Living through Covid and with the negativity and conflict we hear every day on the news or through social media life can be pretty stressful. When you volunteer and feel the appreciation of a recipient of Meals on Wheels or how much our students tell us they learned in our Stepping On program. It can't help but keep you grounded on what's important in this world and the good we can all bring to it.

### WHAT DO YOU WISH OTHER PEOPLE KNEW ABOUT VOLUNTEERING WITH THE ADRC OF THE LAKESHORE?

It's easy to do and it's rewarding. As an example: I help facilitate Stepping On classes with Judy Rank who is a retired Former Director of the ADRC and now volunteers her time and talents in many areas.

We also bring in experts. Experts for vision, home safety, PT's, OT's and Pharmacists. With all this knowledge and expertise, I learn something new every class from Judy and the experts that I can apply in my daily life.

### WHEN YOUR FRIENDS/FAMILY MEMBERS FIND OUT THAT YOU VOLUNTEER FOR THE ADRC OF THE LAKESHORE PROGRAM, WHAT DO THEY SAY OR ASK?

First, they usually ask what the acronym ADRC stands for. Then they ask about the class. They usually find it interesting how comprehensive the class is. I tend to talk it up wherever possible to get the word out. The ADRC has a number of great resources that not enough people know about.

### WHAT HAS BEEN YOUR MOST REWARDING EXPERIENCE WHILE VOLUNTEERING?

Certainly the appreciation we get from our program participants is obvious. But one small thing does stand out. One of the exercises we facilitate in the class is called "Sit to Stand." One of our participants told us after learning how to do the exercise properly, that she could now use the technique to easily get up from her couch or recliner under her own power. Previously it involved a lot of scooting forward, twisting and turning or even requiring a helping hand to get up. This one exercise gave her back just a little bit of independence and she really appreciated it.

### WHAT MIGHT SOMEONE BE SURPRISED TO KNOW ABOUT YOU?

I grew up in small town in Northern Wisconsin called Phelps. We were a public school and my graduating class had only 17 students.

### IF SOMEONE WAS HESITANT TO VOLUNTEER, WHAT WOULD YOU TELL THEM?

Just try it! There is such a need in our communities that you can certainly find an area that meets your passion. Go to the ADRC website under the tab **Get Involved**, and find your match. You will be amazed at the rewards.



# ADRC Employee Spotlight: Lori Fure



Hi! My name is Lori Fure, and I am the new Older Americans Act Program Manager for the ADRC of the Lakeshore. I started in April and work in both our Manitowoc and Kewaunee locations. Over the last few months, I have really enjoyed learning about our programs, helping out at events, and getting to know the seniors in our area. All of my co-workers have been extremely helpful and welcoming- making this transition as seamless as possible

I was born and raised in Milwaukee County. After graduating from college, I was hired by the Department of Corrections as a Probation/ Parole Agent. I did that for 22 years before accepting this position. I am currently married and have 2 children. About three years ago, we adopted our first dog, Trixie.

Outside of work, I enjoy spending time with my family, crocheting, sitting by the fire with friends, and watching videos. My dream is to make it to England one day.

I am very excited to be a part of this team and to make a difference in any way that I can.

Visit Our Website: [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com) | 7

# DEMENTIA SERVICES

Our Dementia Care Specialist (DCS) provides education and awareness about Alzheimer's disease and other dementias. This includes providing options to caregivers and individuals affected by memory loss regarding community resources and services, assisting with future planning, and implementing evidence-based programs to help individuals affected by dementia live independently in their communities. The goal of the Dementia Care Specialist is to utilize resources readily available in the community to delay or prevent institutionalization or publicly funded long-term care services.

For more information regarding resources or services available, contact our Dementia Care Specialist at 1-877-416-7083.

## EARLY-STAGE SUPPORT GROUP

First Tuesday of the Month  
10:00 - 11:30 AM  
ADRC of the Lakeshore - Manitowoc

Each meeting will host two groups simultaneously in separate meeting rooms: One group for individuals affected by dementia and/or memory loss (early stage). One for the family caregivers of individuals affected by dementia. (Assessment necessary prior to first session.)

Please RSVP by calling 1-877-416-7083.

## LAKESHORE MEMORY CAFÉ

First Wednesday of the Month  
10:00 - 11:30 AM  
Manitowoc Public Library - Balkansky Room

Memory Cafés welcome those experiencing early stage Dementia, mild memory loss or cognitive impairment, and family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and lots of creative fun! We have a Dementia Specialist professional on hand to answer questions and an enormous wealth of experience among participants to be shared.

## DEMENTIA 101 & 201

Dementia 201 - August 10th  
1:00 - 2:30 PM  
ADRC of the Lakeshore - Manitowoc

An educational series on the topic of Dementia. Dementia is currently the sixth leading cause of death in the United States, with Alzheimer's being the most common cause of dementia among older adults. This disease is often difficult to understand and is a sensitive topic to discuss.

Attending both presentations is not required but strongly encouraged. Call 1-877-416-7083 to register or for more information.

## VIRTUAL DEMENTIA TOURS

NO CLASS SCHEDULED AT THIS TIME  
9:30 - 11:30 am or 1:00 - 3:00 PM  
ADRC of the Lakeshore - Manitowoc

An educational series on the topic of Dementia. Dementia is currently the sixth leading cause of death in the United States, with Alzheimer's being the most common cause of dementia among older adults. This disease is often difficult to understand and is a sensitive topic to discuss.

Attending both presentations is not required but strongly encouraged. Call 1-877-416-7083 to register or to inquire about future classes.



# Minimizing the Risk of Scams for People Living with Dementia

By Alzheimer's Association Staff

Financial crime against older Americans is a growing problem. People living with dementia are at an especially high risk of becoming victims of fraud and financial abuse. That's why we're grateful for Social Security's unwavering commitment to combatting fraud.

As their memory and other thinking skills decline, people with dementia may struggle to make financial decisions. They may not remember or report the abuse – or understand that someone is taking advantage of them. This abuse can occur anywhere – including at home or in care settings.

Victims of fraud who are 80 years and older lose an average of \$39,200 every year. Studies show that financial exploitation is the most common form of elder abuse. However, only a small fraction of these incidents are reported.

You can help protect others by learning to recognize common signs of financial exploitation and abuse, including:

- Unopened bills.
- Unusual or large purchases.
- Utilities being shut off due to unpaid bills.
- Giving money to telemarketers or soliciting companies.
- Unexplained withdrawals from the person's bank account.

There are also many simple things that caregivers can do to reduce the risk of financial abuse and fraud for people with dementia and similar conditions, like Alzheimer's. Do your best to make sure they're involved in deciding which safety measures to put into place.



Some options include:

- Agreeing to spending limits on credit cards.
- Signing up for the “Do Not Call” list at DoNotCall.gov.
- Setting up auto-pay for bills instead of paying them by check.
- Signing up to receive automatic notifications for withdrawals from bank accounts or large charges to credit cards.
- Requesting electronic bank and credit card statements and watching for unusual purchases or changes in how the person typically spends money.
- Asking credit card companies to stop sending balance transfer checks and opting out of future solicitations.

Creating a separate account where you can keep a small, agreed-upon amount of money that the person can use for recreational activities, meals with friends, etc.

To learn more, please visit the Alzheimer's Association website [www.alz.org](http://www.alz.org). or call our 24/7 Helpline at 800-272-3900.

*If you or someone you know is experiencing symptoms of memory loss, it might be time to consider a free memory screening with our Dementia Care Specialist. It takes less than 15 minutes, and you'll know what to do next. A memory screening gives you a clearer understanding of whether or not it's time to talk to your doctor about your concerns. Early referral to your physician is important to determine whether these changes are normal, if they can be treated, and if they are reversible. Information about support in your area will also be provided.*

# ADRC of the Lakeshore

TO REGISTER FOR A WORKSHOP, CALL 1-877-416-7083.

- |                     |  |
|---------------------|--|
| <b>August 1</b>     | <b>Early Stages Support Group</b> - 10:00-11:30 am<br>ADRC of the Lakeshore (See page 11 for details)                      |
| <b>August 2</b>     | <b>Lakeshore Memory Café</b> - 10:00-11:30 am<br>Manitowoc Library, Balkansky Room (See page 8 for details)                |
| <b>August 7</b>     | <b>Powerful Tools for Caregivers</b> - 9:00-11:30 am<br>Manitowoc Senior Center (See page 14 for details)                  |
| <b>August 8</b>     | <b>Medicare A-D</b> - 3:00-4:00 pm<br>ADRC of the Lakeshore. Registration Required.  |
| <b>August 9</b>     | <b>Stepping On</b> - 1:00-3:00 pm<br>Manitowoc/Two Rivers YMCA (See page 14 for details)                                   |
| <b>August 10</b>    | <b>Dementia 201</b> - 1:00-2:30 pm<br>ADRC of the Lakeshore, Education Room (See page 8 for details)                       |
| <b>August 16</b>    | <b>Durable Medical Equipment Drive</b> - 1:30-3:00 pm<br>ADRC of the Lakeshore, Parking Lot (See page 5 for details)       |
| <b>August 16</b>    | <b>Mens Caregiver Support Group</b> - 9:00-10:30 am<br>ADRC of the Lakeshore (See page 11 for details)                     |
| <b>August 17</b>    | <b>Family Caregiver Support Group</b> - 2:00-3:30 pm<br>ADRC of the Lakeshore (See page 11 for details)                    |
| <b>August 29</b>    | <b>ADRC on the Radio</b> - 8:15 am - WCUB 980 Breakfast Club<br>Topic: Dementia Programs/Alzheimer's Walk                  |
| <b>September 5</b>  | <b>Early-Stage Support Group</b> - 10:00-11:30 am<br>ADRC of the Lakeshore (See page 11 for details)                       |
| <b>September 6</b>  | <b>Lakeshore Memory Café</b> - 10:00-11:30 am<br>Manitowoc Library, Balkansky Room (See page 8 for details)                |
| <b>September 9</b>  | <b>Walk to End Alzheimer's</b> - Event Opens 8:30 am, Ceremony at 9:40 am,<br>Walk at 10:00 am - Manitowoc/Two Rivers YMCA |
| <b>September 20</b> | <b>Mens Caregiver Support Group</b> - 9:00-10:30 am<br>ADRC of the Lakeshore (See page 11 for details)                     |
| <b>September 21</b> | <b>Family Caregiver Support Group</b> - 2:00-3:30 pm<br>ADRC of the Lakeshore (See page 11 for details)                    |
| <b>September 27</b> | <b>ADRC on the Radio</b> - 9:30 am - WOMT 1240 Be My Guest<br>Topic: Volunteers  |
| <b>September 27</b> | <b>Pro-Bono Project</b> - 8:30-11:30 am<br>ADRC of the Lakeshore. Appointment Required.                                    |

# ADRC of the Lakeshore Manitowoc Support Groups

## EARLY-STAGE SUPPORT GROUP

First Tuesday of each month  
10:00 –11: 30 am  
ADRC of the Lakeshore

Simultaneous meetings for both  
caregivers and for those affected  
by dementia in early stages.

Assessment required prior to first  
session. Contact Ariel for initial  
assessment at  
1-877-416-7083.

## MEN'S CAREGIVER SUPPORT GROUP

Third Wednesday of each month  
9:00 –10: 30 am  
ADRC of the Lakeshore

Opportunity for male caregivers  
to connect with, and support,  
other male caregivers.

No RSVP required to attend.

## FAMILY CAREGIVER HYBRID SUPPORT GROUP

Third Thursday of each month  
2:00 –3: 30 pm  
ADRC of the Lakeshore or  
virtually via Microsoft Teams.

Persons may attend in person or  
virtually to the same meeting.

Call 1-877-416-7083 for virtual  
invitation. No RSVP required for  
in-person attendance.



# Is It Time to Recharge Your Body, Mind, & Soul?

Lisa Van Remortel  
Family Caregiving Program Specialist

Caring for a loved one can take a lot of energy! As a caregiver, it is very important to take care of yourself so you have the energy needed to care for your loved one. Without taking time for yourself, you are at risk for burnout, depression and physical illness. The importance of finding ways to “recharge your battery” cannot be stressed enough. Below are some suggestions to consider:

- Attend a caregiver conference (contact the caregiver specialist at the ADRC)
- Call a friend you haven’t talked to in a while
- Take a bubble bath
- Listen to music (a local band playing in the park)
- Have lunch or coffee with a friend
- Play a game of golf (on the golf course)
- Go to a movie
- Go to a winery or brewery with a friend
- Go for a walk – around the block, along the lake or a path in/outside your home
- Meditate
- Read a fun book in your favorite chair or outside
- Participate in an exercise class
- Play cards or a game with a friend
- Put a puzzle together
- Sew, scrapbook, or do a craft
- Attend a local event

Set a goal for yourself – start with one or two times a month to set aside time for yourself to do one activity. Put it on your calendar and make it a priority to follow through. Gradually, you can begin to make a “habit” of taking time for yourself and



can schedule an activity at a minimum once a week. Taking this time for yourself will be beneficial mentally, emotionally and physically to continue the caregiving journey.

If you live with the person you are caring for and needs care 24 hours a day, 7 days a week, you will need to be creative in your planning. It may be possible to re-charge yourself by doing something special in your home while your loved one is napping or engaged in an activity that holds his/her attention for a predictable amount of time. Resist the urge to always fill this time with household tasks. You deserve to “treat” yourself to some “me time”. For activities out and about in the community, you may need to have someone stay with your loved one while you take a well-deserved break. Some options available include:

- Hiring someone privately
- Contacting a home care agency (contact the ADRC for a list of homecare agencies in your county)
- Asking a neighbor, relative, friend or faith-based congregation member to stay with your loved one
- Take your loved one to an adult day program (contact the ADRC for options)

Finding ways to re-charge your body, mind, and soul will allow you to be the best caregiver you can for as long as possible and will also benefit the person you are caring for. For additional support during your caregiving journey, please contact the Family Caregiving Program Specialist at the Aging & Disability Resource Center of the Lakeshore at 1-877-416-7083.

# World Senior Citizens Day

August 21, 2023



The older generation of our population is a valuable part of our society. Our senior parents and grandparents are living memories of history, imparting well-earned wisdom and advice, and providing support and guidance to their children and grandchildren as they navigate the many different aspects of life. Thus, we celebrate them every year, marking August 21 as Senior Citizens Day!



## THE LIONS CLUB LOAN CLOSET

**Need a walker, wheelchair, commode, or transfer bench temporarily? Or maybe you need it long term but want to try before you buy?**

We are here for you! The Lions Club Loan Closet, run by the ADRC of the Lakeshore, has a variety of durable medical equipment available to rent. You even receive your money back if you return your item by the end of the rental period.

Call 1-877-416-7083 or stop at our office located at 1701 Michigan Avenue in Manitowoc, today!



Visit Our Website: [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com) | 13

# PREVENTION PROGRAMS

The ADRC offers evidence-based prevention programs through partnerships with local hospitals, clinics, senior centers and fitness centers. These programs reduce emergency room visits, hospitalizations and overall health care costs.



## Living Well with Chronic Conditions

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help with:

- Short-term goal setting
- Healthy eating and nutrition, food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving



Powerful Tools for Caregivers is a workshop which focuses on ways to take care of yourself, identify and reduce personal stress, communicate feelings, needs and concerns and master caregiving decisions while caring for someone else.

By taking care of your own physical, emotional and financial needs, you become a better caregiver. This class meets 2.5 hours a week for 6 weeks.

*\*If respite care is needed, please contact the ADRC at least one month prior to the start of the workshop to make arrangements.*



Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks you'll learn:

- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall.

## SCHEDULED CLASSES

### Powerful Tools For Caregivers:

Mondays, August 7 - September 25 | 9:00-11:30 am  
Manitowoc Senior Center  
3330 Custer Street, Manitowoc, WI 54220

### Stepping On:

Wednesdays, August 9 - September 20 | 1:00-3:00 pm  
Manitowoc/Two Rivers YMCA  
205 Maritime Drive, Manitowoc, WI 54220



There is no cost for our programs but a suggested contribution of \$10 helps to cover .  
Please call the ADRC with questions or to register for classes: 1-877-416-7083.

*Please note: Workshops will be cancelled one week prior to the start date if minimum is not met.*





## **FOR ALL YOUR TRANSPORTATION NEEDS**

**(920) 686-6977 | (920) 686-3560**

MMT is the Lakeshore's One-Stop-Shop for affordable, reliable, and safe fixed-route public transit system providing service throughout Manitowoc and Two Rivers. MMT services the City of Manitowoc with five routes and one route that services the City of Two Rivers; on an hourly schedule. MMT offers parallel ADA service for elderly or disabled individuals who are unable to use the fixed-route public bus system.

MMT contracts with Manitowoc County to provide the County's Elderly & Disabled Transportation Programs as well as the ADRC of the Lakeshore's Volunteer Rural Elderly and/or Disabled Transportation Program and the Out-Of-County Volunteer Medical Transportation Program.

**Contact your Mobility Manager directly at 920-686-6977 for transportation information/resources or to become a volunteer driver for the ADRC of the Lakeshore's transportation programs.**



# Monopoly Word Search

Y O R K T O D C O N N E C T I C U T E E  
T N A I V I R G I N I A Y B A L T I C E  
H Y C M A R V I N G A R D E N S M L E V  
I T I R V E N T N O R S I T M S E U L K  
M I R A N P A C I F I C I R O N D M E L  
B N T A I O N I L L I N O I S Y I N N E  
L U C S H O R T L I N E P L G V T J S E  
E M E R S O N T O L C S A N E U E E T R  
E M L C E T N S H H T T I R C K R C A H  
A O E H M T A L A C N D M K U V R A T B  
T C T E A Y R N H E A O Y T T X A L E A  
L E A S J T C A I E N R I N Y N N P S K  
A L N T T E R R R T P L O N W S E K D L  
N H A R S L O S O L I U T L E N A R A A  
T E N N E S S E E T C U A E I W N A O W  
I O H S T T S N I C C D H G R N Z P R D  
C E O R A T A E H O T E L B R R A Q L R  
E I U B H S S W M O N O P O L Y I D I A  
S E S I I S I N D I A N A F R A A E A O  
E A E I O P E N N S Y L V A N I A O R B

## Word List:

MONOPOLY	MEDITERRANEAN	BALTIC	ORIENTAL
VERMONT	CONNECTICUT	STCHARLES	STATES
VIRGINIA	STJAMES	TENNESSEE	NEW
YORK	KENTUCKY	INDIANA	ILLINOIS
ATLANTIC	VENTNOR	MARVINGARDENS	PACIFIC
NORTHCAROLINA	PENNSYLVANIA	PARKPLACE	BOARDWALK
RAILROAD	READING	SHORTLINE	ELECTRIC
WATER	UTILITIES	COMMUNITY	CHEST
CHANCE	THIMBLE	IRON	HAT
BOOT	TERRIER	HOTEL	HOUSE

# September is Falls Prevention Awareness Month

Did you know that Wisconsin is the number 1 state in the country for falls? While everyone falls, an unexpected fall for an older adult can lead to serious injury. The good news is, most falls can be prevented!

Our Stepping On workshop has been proven to reduce falls by over 30% in older adults. This 7-week workshop meets once a week for two hours each. Participants hear from guest experts (physical therapists, vision experts, pharmacists, community mobility experts), learn balance and strength exercises, and how to get up from a fall. Participants also learn to identify risks and make changes in their behavior and homes to reduce falls.

Are you at risk of falling? Take the following quiz to find out:

1. I have fallen in the past year. YES / NO
2. I use or have been advised to use a cane or walker to get around safely. YES / NO
3. Sometimes I feel unsteady when I am walking. YES / NO
4. I steady myself by holding onto the furniture when walking at home. YES / NO
5. I am worried about falling. YES / NO
6. I need to push with my hands to stand up from a chair. YES / NO
7. I have some trouble stepping up onto a curb. YES / NO
8. I often have to rush to the toilet. YES / NO
9. I have lost some feeling in my feet. YES / NO
10. I take medicine that sometimes makes me feel light-headed or more tired than usual. YES / NO
11. I take medicine to help me sleep or improve my mood. YES / NO
12. I often feel sad or depressed. YES / NO

**If you answered YES to four or more questions, you may be at risk of falling.** The Stepping On workshop could help improve your balance and lessen your risk of falling. To learn more or to sign up, contact the ADRC of the Lakeshore at 1-877-416-7083.





# EASY CASHEW CHICKEN SALAD

## INGREDIENTS:

- 1/2 cup mayonnaise
- 2 tablespoons sour cream
- 1 tablespoon lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 4 cups shredded rotisserie chicken
- 1-1/4 cups seedless red grapes, halved
- 1/2 cup chopped pecans
- 1/2 cup chopped celery
- 1/4 cup chopped sweet onion, optional
- Lettuce leaves or whole wheat bread slices, optional

## DIRECTIONS:

Start by mixing the first five ingredients together for a creamy sauce. The sour cream and lemon juice add a tangy kick to this chunky chicken salad. Whisk together the mayonnaise, sour cream, lemon juice, salt and pepper until fully combined, tasting as you go, then set aside.

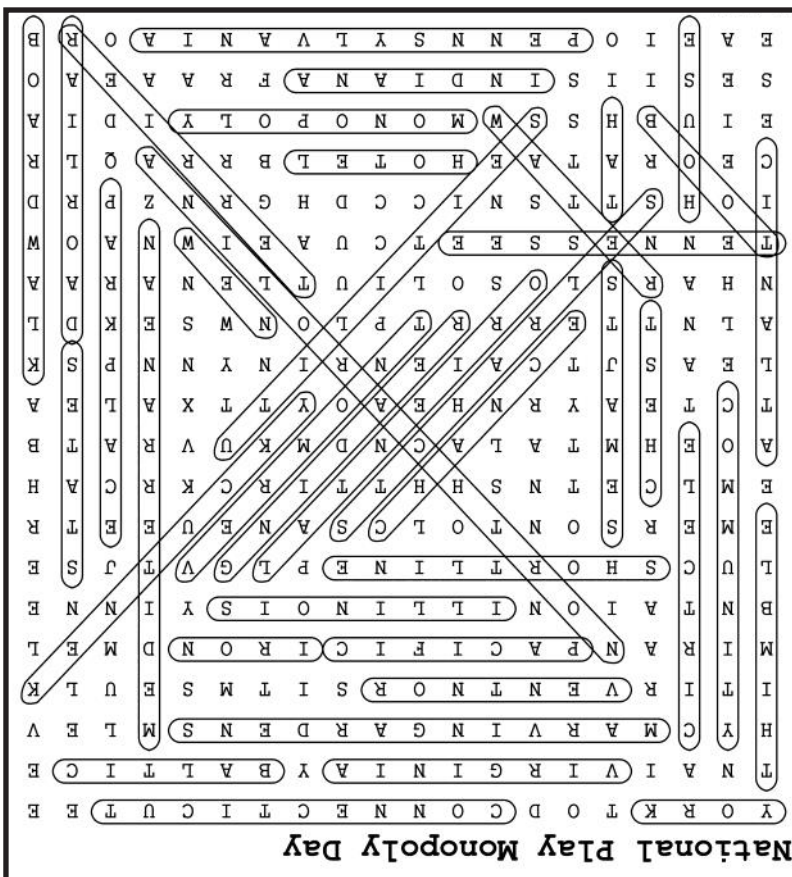
In a large bowl, mix together the shredded chicken, halved red grapes, chopped pecans and chopped celery. If using onion, add it along with your mayonnaise sauce. Toss to coat.

Once your chicken salad is combined, serve with [fresh homemade bread](#), mixed greens salad or whole-grain crackers. Store leftovers in a sealed container in the refrigerator right away.



Recipe from Taste of Home, sent in by Julie Sterchi.  
Recipe photo by Taste of Home.

**Editor's Tip:** Get creative with your ingredients and feel free to try substitutions. Instead of grapes, add fresh blueberries or chopped cherries. If you're out of pecans, toss in chopped cashews for a salty crunch. Dried fruit also adds a sweet bite.



Answers to word search from page 16.

## Title VI - Notice of Nondiscrimination to the Public

Manitowoc County – ADRC of the Lakeshore The ADRC of the Lakeshore is committed to ensuring that no person is excluded from, participation in, denied the benefits of, or otherwise subjected to discrimination on the basis of race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP) in any and all programs, activities or services administered by the ADRC of the Lakeshore in accordance with Title VI of the Civil Rights Act of 1964 and related nondiscrimination authorities. Any person who believes they've been aggrieved by any unlawful discriminatory practice may file a complaint with the ADRC of the Lakeshore.

For more information on the ADRC of the Lakeshore's civil rights program, and the procedures to file a complaint, contact 920-683-4180, (for hearing impaired, please use Wisconsin Relay 711 service); email [kimnovak@manitowoccountymi.gov](mailto:kimnovak@manitowoccountymi.gov) or visit our administrative office at 1701 Michigan Avenue, Manitowoc, WI 54220. For more information, visit our website, [www.ADRCoftheLakeshore.com](http://www.ADRCoftheLakeshore.com)

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE Washington, DC, 20590. If information is needed in another language, contact 920-683-4180. Si se necesita informacion en otro idioma de contacto, 920-683-4180. Yog muaj lus qhia ntxiv rau lwm hom lus, hu rau 920-683-4180.

## ADRC Staff Listing

Wendy Hutterer  
**ADRC Director**

Lori Fure  
**Older Americans Act Manager**

Melissa Konop  
**Information & Assistance  
Manager**

Kim Novak  
**Business Services Manager**

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Ann Habeck & Jolene Vanne  
**Disability Benefit Specialist  
(those under 60 years old)**

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Kersten, & Stephanie Madson  
**Information & Assistance  
Specialist**

Vacant  
**Caregiver Specialist**

Jenny Krueger  
**Outreach Coordinator**

Kim Kracht & Marissa Johnson  
**Administrative Support**

Some staff work between our  
two office locations, but all can  
be reached by calling the ADRC  
at 1-877-416-7083.



Hours:  
Monday: 8:00 am—5:00 pm  
Tues-Friday: 8:00 am—4:30 pm

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Visit us online at **[www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com)**

### WANT TO MAKE A CONTRIBUTION TO THE AGING & DISABILITY RESOURCE CENTER AND THE OLDER AMERICANS ACT PROGRAM?

I have included a contribution in the amount of \$\_\_\_\_\_.  
(Checks please, not cash, payable to Aging & Disability Resource  
Center. Receipt sent upon request.)

Please designate this contribution in Memory or Honor of:

\_\_\_\_\_

I give permission to acknowledge my contribution in the "Thank You"  
column of "The Aging & Disability Resource Connection" publication:  
Yes \_\_\_\_\_ No \_\_\_\_\_

Name \_\_\_\_\_

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Please mail to:  
ADRC of the Lakeshore, 1701 Michigan Ave, Manitowoc, WI 54220

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to inform you of available resources in Manitowoc County.



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# WALK TO END ALZHEIMER'S

ALZHEIMER'S  ASSOCIATION®

**SATURDAY, SEPTEMBER 9, 2023**

The ADRC of the Lakeshore will have a team walking. Join our team or form your own. For more information go to [act.alz.org](https://act.alz.org) or call us at **1-877-416-7083**.



**TIME:**

Event Opens: 8:30 am  
Ceremony: 9:40 am  
Walk: 10:00 am



**LOCATION:**

Manitowoc-Two Rivers YMCA  
205 Maritime Dr  
Manitowoc, WI 54220

